



# YOUTH WORKER CAFÉ



# Emotionally Resilient Youth: Practical Strategies for Helping Kids Thrive

In 2017, more than one-third of youth reported feeling nervous or anxious within the past month, according to the American Psychological Association’s Stress in America Survey. They also shared that stress makes them skip meals and feel tired, depressed and overwhelmed. The data and research only affirm what youth workers in our community see daily – many of our youth are struggling to cope. This is particularly true for under-resourced populations that may face more significant stressors such as trauma and the struggle to have basic needs met.

Join us for a workshop that will offer practical strategies youth workers can use to strengthen the emotional resilience of youth. This presentation will build upon the foundational concepts of cultivating grit and supporting social and emotional needs by providing concrete ideas and resources practitioners can use in their work immediately. Attendees will leave energized with actionable knowledge of how they can help youth not only survive, but thrive with more emotional resilience.

**Speaker: Skye Berger, Chief Encouragement Officer & Executive Creative Coach – Door Opener Academy, Skye Berger Group**  
Skye has more than ten years of experience as a consultant, coach, speaker and trainer. Her background includes child welfare and mental health facilitation and program development. Skye has reached youth and families nationwide through keynote presentations and training on leadership, renewal, teen parenting and transition-age youth.

**Community Partners:** [Bauer Family Resources](#), [Family Health Clinic of Clinton County](#), [Purdue Extension- Carroll County](#), [Carroll County Department of Child Services](#), [Carroll County Probation, Carroll County CASA](#)

## IYI Kids Count Conference

November 26-28  
Indianapolis, IN

[www.iyi.org/kcc](http://www.iyi.org/kcc)

# INDIANA YOUTH INSTITUTE



**Wednesday, Oct. 17, 2018**  
11:30 am - 1:30 pm

**Carroll County High School**  
[2362 Highway 18](#)  
[Flora, IN 46929](#)  
574-967-4157

**RSVP** via this link [Carroll County YWC](#). If you have trouble with this link, go to [www.iyi.org/YWC](http://www.iyi.org/YWC) or contact [Debbie Jones](#).

**FREE:**  
**Lunch will be provided.**

For more information about this event, contact IYI’s North Central Outreach Manager [Jennifer Lombard](#).

**Connect:** You are invited to bring your business cards and program or service information to share as well as arrive early or stay after for additional networking time.

### Save the Date!

Upcoming Carroll County Youth Worker Cafés:

1/23 Social Media Safety

4/23 Implicit Bias